

Among Friends

November 2014

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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TELEPHONE NUMBERS

Senior Center 508-210-5570
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

REMEMBER TO VOTE ~ TUESDAY, NOVEMBER 4

POLLS ARE OPEN FROM 7:00 A.M. TO 8:00 P.M.

The Senior Center Office will be open.

COA vans will be running.

No programs will be held that day.



VETERANS' DAY CONCERT

Please join us for this year's Veterans Day Program on **Monday, November 10 at 1:00 p.m.** Soprano Ruth Harcovitz will present a concert, performing Songs from World War II. Refreshments will be served. Please call 508-210-5570 to reserve a seat for the performance. If you wish to come for lunch before, please call 508-210-5578 two days in advance prior to 12:30 p.m.



DRIVER SAFETY FOR SENIORS

On **Wednesday, November 12 at 10:00 a.m.**, AAA will sponsor a program entitled "Driver Safety for Seniors." Older drivers need to learn safety strategies to help adapt to physical and mental changes related to aging. This program is sponsored by AAA. Call 508-210-5570 to register.



Horns for Hunting

On **Monday, November 17 at 1:00 p.m.** learn about the job of Ringmaster & Huntmaster. Grace Yaglou will present a program and demonstrate her collection of hunting horns and tell of their uses. Though rudimentary horns were used as early as the 6th century for scaring the enemy, they gained popularity in Europe in the 1600's for the sport of hunting. Different horns and different tones were used to control the hounds and manage the hunt. To reserve a seat, call 508-210-5570.



BOOKS AND CRAFTS

Thank you for your past donations to the Senior Center. We have a serious space problem, and we request that you call us first at 508-210-5570 if you have plans to donate something to us. Unfortunately, items left outside the door will be put in the trash. Also, keep in mind that the Wachusett Regional Recycle Center, located at 131 Huntington Hwy. in West Boylston, is open for donations on weekdays and every third Saturday. Call 508-479-2123 for open hours.

The Senior Center will be closed on

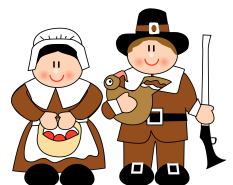
Tuesday, November 11

in observance of

Veterans' Day and

Thursday, November 27

in observance of Thanksgiving





UPCOMING TRIPS



Sun., Dec. 7 ... "Christmas Time" Start the holiday season off with a trip to the Reagle Playhouse where the Reagle Players are performing the 31st annual holiday show, **"Christmas Time."** The one Boston Christmas spectacle guaranteed to warm any heart! The only theatre to use the same outline as Radio City Music Hall in NYC. Children of all ages are enchanted by Santa's Workshop, Teddy Bears' Nutcracker, Parade of Wooden Soldiers, Victorian Christmas, precision dancers and the Living Nativity. The cast of 200 comes gift wrapped in fabulous holiday sets and costumes, all backed by a live orchestra. Cost of this trip will be \$86.00 per person which includes transportation, the show and driver's gratuity. There will also be a coffee stop at Panera Bread and Bakery on the way to the show.

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.

BEST OF FRIENDS FAIR

The Best of Friends Fair will be held on **Saturday, November 1** from **9:00 a.m. to 2:00 p.m.** Many hands make light work, so if you have an hour or two or if you'd like to spend the day helping, please call Betty Carlson at 508-829-3443. The Friends appreciate your support.

Our next regular meeting will be held **Monday, November 3** at **1:00 p.m.** at the Senior Center. Every member is welcome.



Senior Center Annual Christmas Party



Our Annual Christmas Party will be held on **Monday, December 8** at **12:00 p.m.** Our event will be catered by Toupin's Catering and will consist of *Homemade Bread; Salad; Roast Pork; Whipped Potatoes; Green Beans Almondine; Brownie Sundae; Coffee and Tea.* The cost for this event is \$19.95 payable at the time of reservation. We even expect a visit from the gentleman from the North Pole! Tickets can be purchased at the office or by mailing in your payment.

*Deadline for purchasing tickets will be **Wednesday, December 3** or until we reach capacity.*

CONGRATULATIONS PHOTO CONTEST WINNERS!

We'd like to congratulate the following winners of our 1st Photo Contest: Best in Show - *Shirley Burdick, "Bunny in the Snow;"* Best Wildlife - *Dawn Ringquist, "Bee on a Flower;"* Best Scene - *Shirley Odorski, "Old Stone Church with Light Beams;"* Best Black and White - *Nancy Blodget, "Morning Mist;"* Most Popular Vote - *Dawn Ringquist "Blue Flowers;"* Honorable Mention (a tie) - *Wayne Howard "Moon" and Joseph Lupa, "Bobcat."* We'd like to thank all who participated.



HOME COOKED LUNCH



Join us on Wednesday, November 19 @ 12:00 p.m. for home made vegetable lasagna, salad and dessert. Cost of this lunch will be \$4.00 for Holden Elders and Holden Senior Center Volunteers and \$6.00 for out of town Elders. Please call 508-210-5570 to make your reservations. We will accept reservations until Friday, November 14, or until we reach capacity.

SHINE COUNSELOR

Monday, November 10 (afternoon appointments)

Wednesday, November 12 and Monday, November 24

(appointments throughout the day)



START TALKING AND GET PREPARED ANSWERING LIFE'S WHAT IF'S?

Hear from Attorney Nick Kaltsas on how to develop a plan for your future and help answer many of life's What If's on **Monday, November 24** at **1:00 p.m.** Topics to be covered:

- ⇒ What if I had a stroke and couldn't manage on my own?
- ⇒ What if I developed significant memory loss?
- ⇒ Who would help me with financial, medical and legal decisions?
- ⇒ Are there in home based services available to avoid nursing homes?
- ⇒ How to make a check list for life's What If's!

Please call 508-210-5570 to reserve your seat for this important presentation.



FLU SHOT CLINIC

The Regional Board of Health will be holding a flu shot clinic here at the Senior Center on **Monday, November 24** from **9:30 a.m. to 11:30 a.m.** No appointment necessary. Please bring your insurance card.

MOUNTVIEW SCHOOL ANNUAL CHRISTMAS BREAKFAST

Join the students and staff at Mountview School for their Annual Christmas Breakfast on **Thursday, December 4** at **9:00 a.m.** at the school. This event is for **HOLDEN ELDERS ONLY!** Reservations can be made by calling the Senior Center at 508-210-5570. **PLEASE DO NOT CALL THE SCHOOL TO MAKE RESERVATIONS!** Reservations will be accepted until **Wednesday, November 26** or until capacity is reached.



Wachusett Rotary Annual Christmas Breakfast for Seniors



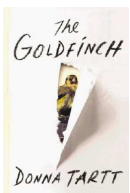
The Wachusett Area Rotary Club will host its Annual Christmas Breakfast for Elders from the towns of **Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston** on **Saturday, December 13** at **8:30 a.m.** at The Manor Restaurant in West Boylston. Elders from these towns **must** call the Holden Senior Center at 508-210-5570 to make a reservation.

NOVEMBER CHAIR YOGA THEMES

Nov. 4 - Voting - No Yoga; Nov. 11 - Veterans Day - No Yoga; Nov. 18 - Being Thankful - Gratitude - Loving Kindness; Nov. 25 - Yoga for Mind/Body BALANCE.



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, November 20** to discuss the book, The Gold Finch: A Novel by Donna Tartt. Theo Decker, a 13-year-old New Yorker, miraculously survives an accident that kills his mother. Abandoned by his father, Theo is taken in by the family of a wealthy friend. Bewildered by his strange new home on Park Avenue, disturbed by schoolmates who don't know how to talk to him, and tormented above all by his longing for his mother, he clings to the one thing that reminds him of her: a small, mysteriously captivating painting that ultimately draws Theo into the underworld of art. As an adult, Theo moves silkily between the drawing rooms of the rich and the dusty labyrinth of an antiques store where he works. He is alienated and in love--and at the center of a narrowing, ever more dangerous circle.

The Goldfinch is a mesmerizing, stay-up-all-night and tell-all-your-friends triumph, an old-fashioned story of loss and obsession, survival and self-invention, and the ruthless machinations of fate.

NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8-4:00 Billiards 12:00 Senior Lunch Beef & Bean Chili 1:00 Friend's Meeting 	4 ELECTION DAY  NO PROGRAMS OFFICE OPEN VAN RUNNING	5 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Rib-B-Q 1:00 Pitch Party 	6 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 12:30 Movie "Akeelah and the Bee" 1:00 Bridge 	7 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Swedish Meatballs 1:00 Cribbage 1:15 Spring Chicken Fitness 
10 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Quilting 1:00 Ruth Harcovitz 	11 SENIOR CENTER CLOSED  IN OBSERVANCE OF VETERANS' DAY	12 SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 10:00 AAA Driver Program 12:00 Senior Lunch Wild Caught Salmon w/Dill Sauce 1:00 Pitch Party 	13 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef and Broccoli 12:30 Movie "Hidden History of Boston" 1:00 Bridge 	14 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Baked Ham 1:00 Cribbage 1:15 Spring Chicken Fitness 
17 8-4:00 Billiards 12:00 Senior Lunch Beef Stroganoff 1:00 Quilting 1:00 Horns for Hunting 	18 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	19 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 HOME COOKED LUNCH 1:00 Pitch Party 	20 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Lemon Thyme Chicken 12:30 Movie "Last Vegas" 1:00 Bridge 	21 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Breaded Fish Filet 1:00 Cribbage 1:15 Spring Chicken Fitness 
24 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Omelet w/Cheese & Bacon 1:00 Quilting 	25 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Roast Turkey and Gravy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	26 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Beef w/Jardinere Sauce 1:00 Pitch Party 	27 SENIOR CENTER CLOSED  IN OBSERVANCE OF THANKSGIVING DAY	28 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Ham Salad 1:00 Cribbage 1:15 Spring Chicken Fitness 
Graft Fa 	BEST OF FRIENDS FAIR Saturday, November 1 9:00 a.m. to 2:00 p.m.	Graft Fa 	ANY ACTIVITY CAN CHANGE WITHOUT NOTICE	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

COMING IN DECEMBER...

Thurs., Dec. 4 ~ Mountview School Annual Christmas Breakfast FOR HOLDEN ELDERS ONLY

Mon., Dec. 8 - Holden Senior Center Annual Christmas Party

Sat., Dec. 13 - Wachusett Area Rotary Club Annual Christmas Breakfast at the Manor Restaurant

Merry Christmas

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

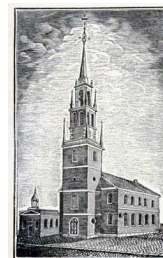
You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.



NOVEMBER MOVIES

Thurs., Nov. 6 ... "Akeelah and the Bee" ... Eleven-year-old Akeelah Anderson is determined to spell her way out of South Los Angeles and make it to the National Spelling Bee in Washington, D.C. With a tutor behind her, Akeelah may even show her pessimistic mother she has what it takes to win. Stars Angela Bassett & Laurence Fishburne *Rated PG~112 min.*

Thurs., Nov. 13 ... "Hidden History of Boston" ... It's the first American city, the "Cradle of Liberty," the home of patriots like Paul Revere. The history of Boston stretches back some 365 years, and much of the past is still visible in the modern metropolis. THE HIDDEN HISTORY OF BOSTON is a feature length tour of this most American of cities. Host Mike Barnicle a long-time correspondent for the Boston Globe provides an insightful, warm look at his home town. Go down the fabled "Freedom Trail," a three mile trip that winds past historic sites including the Boston Common, The Old State House, Faneuil Hall, and the Paul Revere Home. Learn the little-known facts behind the events like the Boston Massacre and Tea Party. And go further afield to visit the Longfellow House and Springfield Armory, where history was made and can still be felt today. *Rated NR ~ 100 minutes.*



Thurs., Nov. 20 ... "Last Vegas" ... Four sixty-something pals -- Billy, Paddy, Archie and Sam -- gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined. Stars Robert DeNiro, Morgan Freeman, Michael Douglas, Kevin Kline & Mary Steenburgen *Rated PG-13 ~ 105 minutes*

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA

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